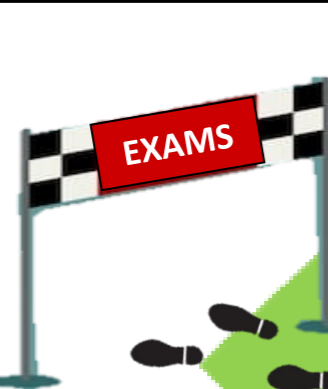


### Career flight path

- Sport Scientist
- Sport Psychologist
- PE teacher
- Physiotherapist
- Sports coach
- Sports nutritionist
- Personal trainer

### Next Steps:

- A - Level PE



### Ethical issues

Conduct of performers, performance enhancing drugs and be able to link such substances to sporting athletes.



### Practical moderation

3 Sports (must include min 1 team or 1 individual sport). 20% of GCSE grade.



### Commercialisation

The relationship between sport, sponsorship and the media. Understand types of media and sponsorship and the positives and negative impacts on sport.



### Engagement

#### patterns

Engagement patterns of different social groups and the factors affecting participation.



### Guidance and feedback on performance

Types of guidance, the advantages and disadvantages of each; feedback to optimise performance



### Health and fitness

Physical, emotional and social health; the impacts of fitness on well-being. Explore lifestyle choices



### Sedentary lifestyle

Understand the consequences of a sedentary lifestyle



### Energy, diet, nutrition, hydration

Balanced diet – macronutrients, micronutrients. Understand the optimum weight for different sports



### Skill Classification

Classify sporting skills on the following continuums. Open – closed, basic – complex, low organisation – high organisation.



### Goal setting and SMART goals

Setting and reviewing of SMART goals; the importance of goal setting.

## Component 2

### Paper 2: Health and performance

1hr 15 mins; 70 marks; 24%

### Types of training

Principles of training: SPORT and FITT principle. Understand different types of training and evaluate pros and cons of each.



### Components of fitness

Link sports to relevant components of fitness and explain why these components are necessary. Know how to test for these components.

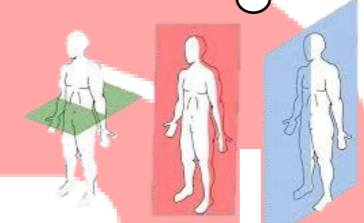


### PEP Coursework part 2

Evaluation and action plan of practical performance to improve component of fitness weakness. 10% of GCSE grade.

### Physical Training

Health and fitness, fitness testing and types of data collected from testing.



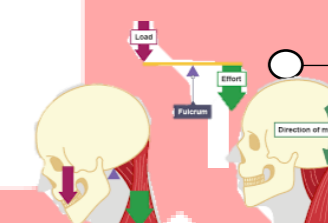
### Planes and Axes

Frontal, transverse and sagittal. Frontal, vertical and sagittal. Identify the sporting actions moving along the plane of movement and rotating around the axis.

### Levers

**F L E**  
**1 2 3**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> class levers within sporting examples and mechanical advantage.



## Component 1

### Paper 1: Fitness and body systems

1 hr 45 mins; 90 marks; 36%

### Skeletal System

Identify bones and their locations. Types of bones; long, short, flat and irregular and functions of the skeletal system.



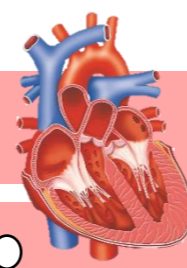
### Muscular system

Identify the different muscles in the human body. Types of synovial joints and antagonistic pairs and the movements they create.



### Cardio-respiratory System

Structure of the heart, cardiac cycle, pathway of blood and blood vessels. Mechanics of breathing, pathway of air and gaseous exchange.



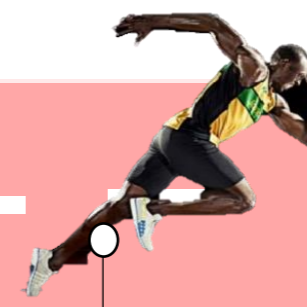
### Aerobic and Anaerobic respiration

(Glucose + oxygen → energy + carbon dioxide + water)  
(Glucose → energy + lactic acid)  
EPOC, the recovery process after exercise and effects of exercise.

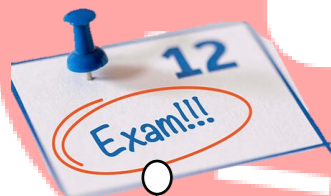


### Movement analysis

Analysis of basic movements in sporting examples. Flexion and extension at the knee when striking a football.



### Yr 10 Mock exams



### Warm-up and Cool downs

Know what is involved in a warm-up and cool down. Identify the benefits of an effective warm up and cool down.

